

Menu



Child Care

Week 1

Reimbursable meal pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Pattern <u>BREAKFAST</u>	Honey Nut Cheerios Fresh Apples Milk	Fresh orange sections Cooked oatmeal with raisins Milk	Chicken Biscuit Sliced Cantaloupe Milk	Peaches Whole Wheat Pancake with unsweetened applesauce Milk	Unsweetened cereal variety-Rice Krispies Banana slices Milk
<u>LUNCH</u>	3-bean Chili Cornbread Steamed Broccoli Fresh Fruit Milk	Shepherds Pie Baked Squash Casserole Plums Milk	Macaroni and Cheese Green Beans Fresh Strawberries Milk	Soft Taco (alt-Nachos) with fresh lettuce, tomato and cheese Mexicali corn – fresh bell peppers and sautéed onions Milk	Ground Turkey Stroganoff Buttered Noodles Black Eyed Peas Watermelon Milk
<u>SNACK</u>	Chex mix Raisins	Applesauce Club crackers Water	Mini Turkey sandwich wraps 100% fruit juice Water	Cubed Cheeses Strawberries and dried fruits	Pizza muffins Chocolate Milk Water
5:00 snack					

Updated 9/5/14

Menu



Child Care

Week 2

Reimbursable meal pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meal Pattern</u> <u>BREAKFAST</u>	Honey Nut Cheerios Fresh Apples Milk	Fresh orange sections Grits Milk	Turkey Sausage Biscuit Sliced Cantaloupe Milk	Peaches Wheat Waffle with applesauce Milk	Granola Banana slices Milk
<u>LUNCH</u>	Fish Nuggets with tartar sauce Homemade Cole Slaw Sweet Potato Soufflé Milk	Chicken Broccoli cheese and rice casserole Honey Carrots Fresh Kiwi Milk	Spaghetti squash with chicken* Sweet Potatoes Dinner roll Milk	Turkey Cheeseburger Macaroni California Blend Vegetables with Pesto Milk	Tasty Chicken Tostada* Marinated cucumber salad Milk
<u>SNACK</u>	Pears Nilla Wafers Water	Pretzels 100% Apple juice Water	Strawberry yogurt Parfait Milk	Pita Chips Hummus Water	Banana Strawberry smoothie Cheese sandwich Water
5:00 snack					

Updated 9/5/14

*Parent submitted recipe

Menu



Week 3

Reimbursable meal pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Pattern <u>BREAKFAST</u>	Honey Nut Cheerios Fresh Apples Milk	Fresh Orange Sections Bagel with cream cheese Milk	Egg Biscuit Sliced Cantaloupe Milk	Peaches Whole Wheat French toast sticks with unsweetened applesauce Milk	Unsweetened cereal variety-Rice Krispies Banana slices Milk
<u>LUNCH</u>	Turkey Sandwich American Cheese Whole Wheat Bread Applesauce Zucchini cranberry salad Milk	Spaghetti and meat sauce Corn Cobbette Milk	Bbq chicken drumstick Sautéed Cabbage Fresh orange sections Dinner Roll Milk	Ground Turkey Lasagna Bake Spring salad with berries, mandarin oranges and balsamic dressing Milk	Asian Chicken Pasta Salad* Plums Milk
<u>SNACK</u>	Chicken Salad Snack crackers Water	Zucchini Muffins Fruit cocktail Water	Orange Muffins 100% Grape Juice	Strawberry Shortcake Water	Mango Smoothie Nilla Wafers Water
5:00 snack					

Updated 9/5/14

*Parent submitted recipe

Menu



Week 4

Reimbursable meal pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Pattern <u>BREAKFAST</u>	Honey Nut Cheerios Fresh Apples Milk	Fresh Orange Sections Cooked oatmeal Milk	Chicken Biscuit Sliced Cantaloupe Milk	Peaches Whole Grain French Toast Sticks with unsweetened applesauce Milk	Unsweetened cereal variety-Rice Krispies Banana slices Milk
<u>LUNCH</u>	Broccoli & Cauliflower Quiche Breaded Okra Milk	Nachos with Ground Turkey Pinto Beans Tomato Salsa Milk	Sweet and sour Chicken Brown Rice Stir fry veggies Milk	Country Fried Steak Mashed Potatoes Lima Beans Milk	Chicken Sub on Fresh baked French bread Fresh Apples Green Bean salad Milk
<u>SNACK</u>	Goldfish Oranges Water	Celery and Carrot sticks with ranch Wheat Crackers Water	Orange Muffins 100% Grape Juice	Cheesy chicken bagel Fruit cocktail Water	Tortilla Chips Tomato Salsa Water
5:00 snack					

Updated 9/5/14

Menu



Week 5

Reimbursable meal pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Pattern <u>BREAKFAST</u>	Honey Nut Cheerios Fresh Apples Milk	Fresh Orange Sections Cooked oatmeal Milk	Turkey Sausage Biscuit Sliced Cantaloupe Milk	Peaches Whole Wheat Pancake with unsweetened applesauce Milk	Unsweetened cereal variety-Rice Krispies Banana slices Milk
<u>LUNCH</u>	4 layer Bean Dip Tortilla Chips Honeydew Melon Milk	Sloppy Joe Sandwich Angie's Potato Salad with bell peppers*, onions and fresh celery Milk	Chicken ala King Rice Fresh orange sections Milk	Ground Turkey and Spanish Rice Corn & black bean salad Milk	Chickpea burgers with cheese* Wheat Roll Roasted potato wedges Watermelon
<u>SNACK</u>	English muffin with cream cheese Banana Chips Water	Sliced Oranges Granola Bar Water	Orange Muffins 100% Grape Juice	Raisins Pretzels Water	Chicken Salad Snack crackers Water
5:00 snack					

Updated 9/5/14

*Parent submitted recipe